Day1

Bike-10minutes

Squat-5minutes

Push up- 3sets (10 times per set)

15minutes

Day2

Elliptical-10 minutes

Squat-7minutes

Pull up- 3 sets (5 times per set)

Sit-up-3 sets (45 per sets)

Treadmill- 15 minutes

Day3

Treadmill-15minutes

Squat-8 minutes

Overhead chest press – 2 sets (8 times per 1 set)

Vertical chest press – 2 set (8 times per 1 set)

Bike-10 minutes

Day4

Elliptical-10 minutes

Squat-10minutes

Abdominal – 3 set (10times per 1 set)

10minutes

treadmill- 10minutes

Day 5

Bike-15minutes

Pushup-3 sets (10 times per set)

Squat-10 minutes

Abdominal – 3 set (10times per 1 set)

Overhead chest press – 1 sets (10times per 1 set)

Vertical chest press – 1 set (10times per 1 set)